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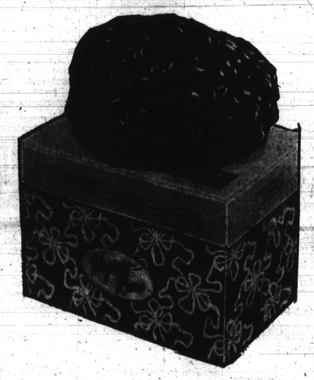

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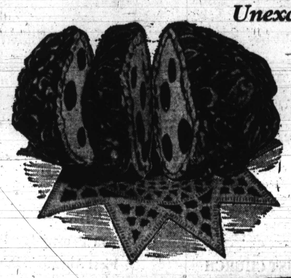

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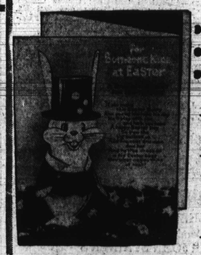

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Down to earth tips on beautiful lawns

By CARLO SALZANO
United Press International

Now's the time for amateur Luther Burbanks to leaf through seed catalogs and take an anxious glance at the lawnmower stored in garage or basement.

Visions of beautiful stretches of lawn dance through the head and almost at once, the back begins to ache the psychosomatic way.

• • •

KEEP THE dreams and forget the aches. Making and caring for a dream lawn do not have to be a back - breaking chore. With all the help that contemporary science provides, the grass can be just as beautiful on your side of the fence.

The best way to control weeds is to establish a program of good lawn maintenance.

• • •

THE MAIN thing: Select the right herbicides to control broadleaf weeds, crabgrass and other weedy grasses. Follow directions and precautions listed on the container label and you can't go wrong.

Use the chemical treatment before crabgrass germinates — during late April or early May.

Herbicides used before the grass comes up will prevent germination of new lawn grass seeds for two to four months. That means that you must wait until fall to reseed the lawn.

• • •

D-M-P-A applied at 15 to 30 pounds per acre can be used to control crabgrass before it germinates.

If you have not stopped the weed before it sprouts, apply P-M-A at weekly intervals for effective early control.

A chemical called two-four - D can be used in the war on dandelions, ground ivy and wild carrot, garlic and onion. The chemical should kill the weeds in one application without damaging the permanent grasses.

• • •

CHECK YOUR weather forecast first. It is best to spray the chemical when no rain is expected for about 12 hours. After spraying, don't mow the lawn for three or four days. The weeds should die within two to four weeks.

Some precautions in the use of two - four - D: Don't get it on flowers, vegetables or shrubs. And don't use the same sprayer for flowers or vegetables before washing it thoroughly with ammonia.

• • •

CONTROL OF lawn diseases and insects is no hit - or - miss proposition. Before taking any action, be sure you know what your problem is.

Most grass diseases can be controlled with chemicals known as fungicides. But remember that such chemicals are poisonous and should be used with extreme care.

After you determine exactly what disease you want to control, follow directions to the letter.

Egg free for Easter

The gayest of all Easter decorations, the Easter egg, can be made a truly unusual ornament to dress up your holiday buffet or mantle.

Instead of the traditional flower centerpiece, use an Easter Egg Tree. It's colorful, unusual and very easy to make.

• • •

NEEDED FOR this centerpiece are: eggs, a few thin graceful branches, some water base paint, thin ribbon, a vase and LePage's mucilage.

Use of the mucilage with paint will give your Easter Eggs a shimmering color, with a high gloss, and a texture similar to the rich texture of oil paint.

• • •

ALTHOUGH hard boiled eggs may be decorated this way, it's easier to use eggs that have blown out.

An egg shell is much sturdier than you may think. Begin by making a hole, about an eighth of an inch in diameter, at each end of egg. A sturdy pin will do the job.

• • •

NEXT, blow through one end, making sure that the other end is over a bowl. The contents will come out easily.

Rinse egg.

• • •

PLACE mucilage in shallow dish. Into this, stir one, or as many colors as you wish of the water base paint.

Add just enough water to the paint so that it still maintains a good heavy color. Stir.

You will notice that the mucilage will keep the different colors separated.

• • •

EITHER dip eggs into mixture, or apply with brush. Set aside to dry. When dry, pull ribbon through holes of eggs. At one end tie a bow. Using other end, attach to branch.

In addition to eggs, you may use little bows and flowers to decorate your branches.

• • •

WHEN THE mucilage is used with your paint, the eggs will have an even more translucent effect if you apply first one color, then let dry applying another color. That way each color will have its own layer of sheen and dimension.

• • •

WHEN THE holiday is over, you may store your beautifully decorated eggs for another year.

The AFRO AMERICAN'S food FEATURES

April 10, 1965

EASY NEW WAYS to cheer-up left-over ham can sharpen appetites with tempting dishes when the special tang of molasses is used.

Post Easter menu surprises evolve from left-over ham

A big, succulent ham for Easter is an American tradition; and so are the "left-over" blues when the festivities are past.

Plenty of good ham remains, and everyone seems to have had their quota. But courage! With a will to work magic and the three unusual recipes following, you can dress-up that ham so beautifully that even your frankest dinner-table critic will beg for more.

• • •

LEFT-OVERS from a full ham will make any or all of these special recipes. First, thick slices are carved off for our Molasses Ham Skillet; next the uneven pieces are cut into strips for Molasses Ham Creole; the remainder is diced for Ham and Corn Fritters.

The Ham Skillet makes a complete dinner with a bean casserole and salad. Ham Creole, served from a chafing dish with steaming rice, makes a perfect party supper. The fritters are a wonderful surprise for breakfast, brunch or luncheon.

• • •

IF MOLASSES seems to be working as hard as the ham in these recipes, it's because they do exceptionally well in tandem. Molasses has a natural time-honored affinity for ham — having contributed its tart-sweet flavor and deep golden color to countless generations of porkers.

Molasses Ham Skillet requires 1 tablespoon cornstarch, 1 can (12 fluid ounces apricot nectar, ¼ cup light, New Orleans Molasses, Juice and grated rind of one orange, ¼ teaspoon nutmeg and 4 cooked ham slices, ½ to 1 inch thick.

Using a large skillet: slowly add apricot nectar to cornstarch, stirring until smooth: Add molasses, orange juice and rind, nutmeg. Cook over medium heat, stirring constantly, until mixture thickens and clears. Add ham to skillet just to heat thru. Serve from skillet.

• • •

FOR MOLASSES Ham Creole use ¼ cup butter or margarine, 1 cup sliced onions, 2 cups cooked ham cut in strips, 1 medium green pepper, coarsely diced, ½ teaspoon salt, 1/8 teaspoon ground cloves, 1 can (16 oz.) tomatoes, 1 can (3-4 oz.) mushrooms, ¼ cup dark, New Orleans Molasses, 2 tablespoons cornstarch, and 3 tablespoons water.

Heat butter or margarine in a saucepan; saute onions until tender. Add next 7 ingredients: Cover and simmer 30 minutes. Blend cornstarch with water until smooth; then stir in sauce. Cook, stirring, until thickened. Makes 4 servings.

• • •

MAKE HAM and corn fritters with 2 cups sifted flour, 3 teaspoons baking powder, 1 teaspoon salt, (adjust if left-over ham is rather salty), 1 cup milk, ¼ cup light, New Orleans Molasses, 1 egg, 1 cup minced ham, and 1 cup canned whole-kernel corn, well-drained.

Sift flour, baking powder and salt into bowl. Combine milk, molasses and egg; add to dry ingredients. Stir in ham and corn; mix well.

Do you know how to brush your teeth?

Although most of us brush our teeth daily, few of us do it properly, according to experts.

Dr. Benedict B. Kimmelman, head of dental medicine at Hohnemann Medical College, Philadelphia, indicates that while some of us do 'brush up and down,' we actually gloss over two of the main purposes in brushing teeth — gum massage and removing food particles from the critical areas between the teeth.

FOR MANY years now, the dental profession has recommended 'down from the top' and 'up from the bottom' brushing with a slightly rolling motion of the wrist.

This is excellent, says Dr. Kimmelman, but the brushing should begin on the gums well above the enamel on the upper jaw and well below it on the lower jaw. In this fashion the gums are gently massaged if your toothbrush is properly shaped.

TO MAKE proper brushing simpler, Dr. Kimmelman assisted in the development of the new profile toothbrush recently introduced. The brushing surface is scalloped or tooth-shaped to fit against the vertical profile of the dental arch.

This permits the more prominent green bristles of the brush to massage the area between the necks of the gums safely, especially the area between the necks of the teeth. The shorter bristles polish the surfaces of the white teeth.

BEST BUYS

Green vegetables in good quality, supply

By
VIRGINIA L. McLUCKIE,
Food Economist Baltimore Office of the Department of Markets University of Maryland

Early April means spring, vacations from school, and the anticipation of the coming Easter weekend. Market supplies are more than adequate to take care of all the regular and special needs your family may have.

The appearance of peak supplies of California asparagus is a sure indication of Spring. Prices are lower and quality better than was found on the earlier shipments of asparagus.

Combined with asparagus will be good supplies of cabbage, onions, carrots, and lettuce complemented with moderate supplies of celery and tomatoes. Maryland spinach is reaching the markets and one of the best buys in dark green leafy vegetables. For additional salad greens look for Florida escarole and endive to use for variety.

AT THE FRUIT counter small Florida grapefruit is a good buy. The quality of this fruit is excellent and prices are reasonable in contrast to the large fruit which carries extremely high price tags. The Florida Valenola and California Navel oranges are priced attractively.

Other good buys in fresh fruit are Florida strawberries and imported bananas and pineapple. April and May are peak season for fresh pineapple and a time when this fruit cost per serving runs about five cents. Watch for specials on canned applesauce, fruit cocktail, cling peaches, and canned pineapple juice.

Combine the fruits that are fresh with the canned offerings in salads, fruit cups and desserts. Fresh pineapple and strawberries combine well for a refreshing low calorie fruit cup, fresh fruit dessert or for a snack tray with cheese and crisp crackers.

• • •

EGGS CONTINUE abundant and they are still priced below last year's levels. For Easter egg coloring as well as baking and other cookery purchase an extra dozen eggs so you do not stint on the usual breakfast egg.

Most markets feature beef either from the forequarter or hindquarter in the form of roasts and steaks. Much popularity is due to the cool weather which has made a pot roast or oven roast desirable. Take advantage of using the convenient form, ground beef, for quick cooking meals and low cost meat servings.

• • •

SPRING is the season when folks look forward to lamb and veal as meats to change the menu. This year lamb and sheep numbers on farms are the smallest since 1867. Veal production is above last year at this time but still not excessive. Watch for sales of lamb and veal if you prefer their different and tasty flavor.

In looking ahead to Easter, the popular ham will be available in fully cooked, or regular smoked styles. You may choose from the whole, half, end portion or center slices of either style of ham.

Semi boned, boneless rolled and canned hams are also choices you may investigate. Plan what you will purchase and shop early for good selections. Pork will probably be sale featured. However supplies are some lighter than last year.

• • •

FRYER CHICKENS are good values. They are excellent for stuffing and roasting as well as frying. The small family may find a roasted chicken ideal for Sunday dinner.

Recommended fishery counter items are shad, rockfish, porgies and flounder fillets. This is the last month for oysters until fall.

French Pineapple salad is made with one large pineapple, two oranges, two peaches, one banana, one apple, and one pt. strawberries.

Cut pineapple in halves lengthwise, and scoop out the pulp. Dice pulp and other fruits and slice the strawberries. Dust lightly with sugar and chill. Replace in pineapple shells. Serve whipped cream mayonnaise separately. (Serves 6 to 8)

Spring clean medicine chest

Even the most meticulous housekeeper often neglects giving her medicine cabinet a thorough spring - cleaning.

If yours is crammed with an assortment of bottles and jars of partly used, outdated, inadequately labeled drugs, the time has come for an all - out cleaning.

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HERE ARE some indications for immediate down - the - drain treatment of "tired" drugs:

Any medicine whose color has changed.

Prescription drugs whose labels are gone or whose labeling is so vague that the medicine is unidentifiable. Name and strength of dosage, and for whom the drug was prescribed, should be on the label. If these designations are not on, and you're not sure what the medicine is, discard it.

Peroxide that is flat, doesn't bubble vigorously; milk of magnesia that has caked; aspirin that has a vinegary odor and crumbles easily; left - over eyewash or eye drops; discolored, spotty ointments; cloudy or sedimented nose drops.

Regular "editing" of the medicine cabinet is more than good housekeeping. It may be lifesaving.

Iota Phi Lambda plans program

The Gamma Chapter of Iota Phi Lambda Sorority will honor Mrs. Patricia Roberts Harris of the Howard University law faculty on Sunday, May 2, in the Andrew Rankin Chapel at Howard University.

The program is set for 4 p.m. and the D. C. Youth Chorale will provide the music. The public is invited.

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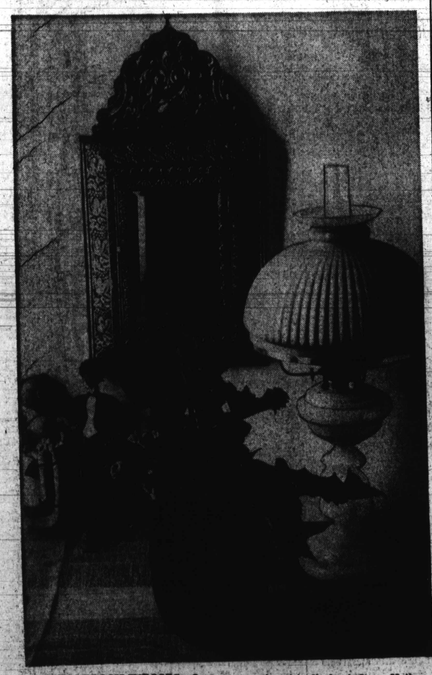

BEGONIAS BLOOM INDOORS—One way to take a advantage of Belgian begonias summer- long blossoms is to grow some tubers in an attractive ceramic pot to display indoors. Notice the exquisite foliage background that the begonia leaves create.

Onions hold top place as flavoring agent, vegetable

Mild and sweet or strongly flavored, onions are an indispensible vegetable for a wide range of dishes.

Standby in any household larder, they rank as a top flavoring agent for meats, poultry, eggs, fish, vegetables and other foods, too.

• • •

ONIONS make an excellent seasoner both raw and cooked. As a vegetable sidedish or as a main feature, they may be stuffed with a hearty filling. Or you can bake, boil, cream, scallop, spice, glaze, butter, or—as many enjoy them—fry your onions in rings.

As an ingredient in other preparations, this versatile vegetable adds flavor to stews, puddings, sauces, gravies, stuffings, casserole soup, omelet, souffles, salads and scores of other dishes.

• • •

IF YOU need just a slight accent rather than a strong onion flavor, soak onion slices in milk and then use this liquid in soup or sauces.

Or you can rub cut onion surfaces along the inside of a salad bowl. Or add onion slices to a simmering broth and remove them before serving. For those who get bad after-effects from eating raw onions, the French suggest sprinkling sugar over freshly-cut slices and letting them set for a half hour.

You can mince them for salad use. Some prefer soaking an onion in water for a few minutes before adding to a recipe as a way of cooling of a hot-flavored onion.

• • •

HERE ARE a few pointers from USDA's home economists to keep in mind when deep-fat frying onion rings.

Be sure temperature of hot fat remains constant. If it is below 375 degree F., the batter will become oil soaked and not cook properly. Naturally if the fat is too hot the onion rings will burn.

A deep-fat thermometer is a good investment if you do not have an automatically-controlled deep-fat fryer, for it will quickly tell the temperature of the fat and indicate whether heat should be lowered or increased.

Avoid cooking too many onion rings at one time. There should be ample room between each ring to allow the fat to uniformly cook the batter. If too many are added at one time, the rings will mass together and part of the batter will be uncooked and doughy.

By dipping a few onion rings at a time into the batter, just before frying, the batter will remain "around" the rings and will not settle "down." A perfectly fashioned batter-coated onion ring is entirely hidden within the batter . . . with none of the onion peeking through.

• • •

TRY THIS Hot Onion Pie . . . an unusual and tasty way of serving plentiful onions. It's a baked vegetable preparation nestled in a baked pie shell and should be served hot, cut into wedges.

To prepare, bake one 9-inch pie shell to golden perfection. Then prepare filling by frying 3 cups thinkly-sliced onions in butter until soft and translucent. Stir about ¼ cup evaporated milk or heavy cream into 1 pound small curd cottage cheese, adding a bit of salt and pepper to taste.

Spread the cottage cheese mixture into the pie shell and cover with the sautéed onions. Add a sprinkling of cayenne with some additional salt and pepper if desired. Bake 15 minutes in hot, 400 degree F. oven. Cut immediately into wedges and serve.

Rev. W. M. Brown new jail preacher

The Rev. W. M. Brown, pastor, Mt. Nebo Baptist Church, was recently named preacher for the City Jail.

A minister for 30 years, the Rev. Mr. Brown served in this position in 1964. He will preach every second Sunday at the 9 a.m. service, not every Sunday as was reported earlier.